

#### Abstract of the Disclosure

A mechanic's body support including first and second horizontally-oriented and spaced-apart base rails and first and second spaced-apart support rails. Each of the support rails has one end connected to a respective one of the first and second base rails. Each support rail also extends upwardly from and is in vertical alignment with the base rails for supporting a mechanic as he kneels in an elevated position over the engine compartment of a motor vehicle. A chest pad and a knee pad are mounted in spaced-apart relation between the support rails for securing the support rails in a fixed, spaced-apart relation, and for supporting the chest and knees of the mechanic while in the kneeling position, thus allowing the skeletal structure of the body to support the weight, rather than the back and leg muscles.